

Helpshopcup 10 KM - Gesamtwertung

Startzeit : 14-06-2025 19:15:21

Die Ergebnisse sind vollständig

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0121	Boden	Niki	M1	M35+	SQM Running te	00:33:51	03:23
2	0122	Roussel	Rens	M2	M35+	Paxx global cycl	00:34:01	03:24
3	0120	Guillick	Antoine	M3	M35-		00:34:15	03:25
4	5103	Vossius	Peter	M4	M45+	SQM RUNNING	00:36:26	03:38
5	0138	Scholts	Bert	M5	M35+	SQM ACAlken	00:36:28	03:38
6	5009	De Rooy	Andy	M6	M45+	Coyote sports tea	00:36:51	03:41
7	5177	Ruymen	Wouter	M7	M35+	Ac Alken	00:37:05	03:42
8	5172	Wouters	Chriske	M8	M45+	SQM RUNNING	00:37:06	03:42
9	5150	Arnauts	Bert	M9	M45+	Animo	00:37:24	03:44
10	5102	Vanden Bempt	Hans	M10	M45+	SQMrunningtear	00:37:37	03:45
11	0232	minnart	glenn	M11	M35-		00:37:42	03:46
12	0156	Dehertoghe	Olivier	M12	M45+	RCT Atletiek	00:37:53	03:47
13	0133	Leunen	Jo	M13	M35+		00:39:03	03:54
14	0077	Stevens	Timothy	M14	M35+	ODB	00:39:11	03:55
15	0169	Vanmechelen	Simon	M15	M45+		00:39:20	03:56
16	0134	Martens	Jonas	M16	M35-		00:39:24	03:56
17	5041	Nguyen	Tien-Thanh	M17	M35+	Amsrunners	00:40:15	04:01
18	0102	Saponaro	Nicola	M18	M35+		00:40:16	04:01
19	0224	Timmermans	Sammy	M19	M55+	VACH	00:40:41	04:04
20	0099	D'AVELINO	MICHAEL	M20	M45+	SER ATHL	00:41:29	04:08
21	0106	Etneo	Mario	M21	M45+	Hoeselt run BFC	00:41:47	04:10
22	5053	Stijnen	David	M22	M45+	AC Alken	00:42:08	04:12
23	0131	Dekens	Danny	M23	M65+	Dcla Halen	00:42:34	04:15
24	0159	Bart	Sampermans	M24	M35+	Dcla halen	00:42:54	04:17
25	5049	Hendricx	Jeroen	M25	M35+	Burchtlopers	00:42:56	04:17
26	0073	Leenen	Raf	M26	M45+		00:43:10	04:19
27	5124	Hiemeleers	Marc	M27	M65+	AC Alken	00:43:17	04:19
28	5014	Slegers	Werner	M28	M55+	GeTC	00:43:26	04:20
29	5028	Werckx	Ludo	M29	M65+	ACA	00:43:31	04:21
30	5123	Santermans	Peter	M30	M45+		00:43:43	04:22
31	0128	Knaepen	Sven	M31	M35+		00:43:47	04:22
32	5107	Vankrunkelsven	Leen	F1	F55+	VACH	00:44:03	04:24
33	5104	Rubens	Glenn	M32	M35-		00:44:24	04:26
34	0108	Neyens	Peter	M33	M35+		00:44:36	04:27
35	0100	Hollants	JP	M34	M45+	VACH	00:44:46	04:28
36	5153	Raskin	Lode	M35	M55+	GS Running Tea	00:45:06	04:30
37	0197	Santermans	Cisse	M36	M35-		00:45:20	04:32
38	5160	Schevenels	Jarno	M37	M35-	TACT	00:45:21	04:32

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
39	0161	Bodocka	Zuzana	F2	F35+		00:45:25	04:32
40	0116	Ambroise	Gary	M38	M35+		00:46:06	04:36
41	5185	Pauwels	Jill	F3	F35+	GS Running Tea	00:46:26	04:38
42	0221	Knapen	Griet	F4	F45+	VACH	00:46:36	04:39
43	5056	Verschueren	Frank	M39	M65+	SACN	00:46:47	04:40
44	0071	Verthé	Tom	M40	M35+		00:47:10	04:43
45	0225	Follon	Gaetan	M41	M35+		00:47:24	04:44
46	0201	Achten	Jeroen	M42	M35+		00:47:30	04:45
47	0082	Pirs	Erwin	M43	M45+		00:47:48	04:46
48	0229	remels	dimitry	M44	M35+		00:48:00	04:48
49	0119	Deneuker	Tony	M45	M55+		00:48:47	04:52
50	0078	Donnay	Xavier	M46	M35-	Sporting Aalst	00:49:17	04:55
51	5010	Slegers	Ayrton	M47	M35-		00:49:20	04:56
52	0220	Tack	Jeroen	M48	M35+	Bolt Tongeren	00:49:32	04:57
53	0107	Motten	James	M49	M35+	BOLT	00:49:34	04:57
54	0231	Daenen	Renaat	M50	M45+		00:49:38	04:57
55	5125	Dasque	Roos	F5	F35+	Dcla Halen	00:50:02	05:00
56	5166	Diels	Lenny	M51	M35-		00:50:40	05:04
57	5007	Bauduin	Ianthe	F6	F35-	Trenara	00:50:55	05:05
58	0088	Acar	fatih	M52	M35+		00:51:10	05:07
59	0079	Haesen	Axel	M53	M35-	Zvk Jp	00:51:44	05:10
60	0227	geysenbergh	vic	M54	M35-		00:51:52	05:11
61	0111	Boyen	Jens	M55	M35-		00:51:54	05:11
62	0230	Diels	Nand	M56	M35-		00:51:56	05:11
63	0087	Swinnen	Evelien	F7	F35+		00:52:07	05:12
64	0132	Di Vito	Domenico	M57	M65+		00:52:25	05:14
65	0144	Schlimpert	Stephan	M58	M35+		00:53:34	05:21
66	0175	Smeets	Ronald	M59	M55+		00:53:47	05:22
67	0222	Keulen	Bert	M60	M45+		00:53:58	05:23
68	0146	Maris	Evert	M61	M35+	Road Runners H	00:54:24	05:26
69	0115	Martin	Thomas	M62	M35+		00:54:42	05:28
70	0218	Nijs	Lien	F8	F35-		00:54:47	05:28
71	0219	Nijs	Geoffrey	M63	M35+		00:54:47	05:28
72	0083	Dechesne	Christy	F9	F45+		00:54:57	05:29
73	0211	Robert	Peter	M64	M55+		00:54:58	05:29
74	0170	Vanmechelen	Hanna	F10	F35-	TACT	00:55:32	05:33
75	5043	Govaerts	Kris	M65	M65+	AC Alken	00:55:46	05:34
76	0103	Feucht	Georges	M66	M65+		00:55:52	05:35
77	0105	Peeters	Hannelore	F11	F35+		00:55:53	05:35
78	0125	Coolen	Lotte	F12	F35+		00:56:00	05:36
79	0228	Geysenbergh	Emiel	M67	M35-		00:56:21	05:38
80	0110	Maeckelberghe	David	M68	M35+	West-vlamingen	00:56:22	05:38
81	0089	Holsteyns	Herman	M69	M45+		00:56:43	05:40
82	0209	Daenen	Leon	M70	M55+	Hoeselt Run	00:56:51	05:41
83	5051	Coenen	Wouter	M71	M35+		00:58:20	05:50
84	5044	Van Zand	Maja	F13	F65+	AC Alken	00:58:36	05:51
85	0093	Casters	Glenn	M72	M35-		00:58:47	05:52

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
86	5183	Bontinck	Koen	M73	M55+		00:58:49	05:52
87	0095	Klenovsek	Gerda	F14	F35+		00:59:04	05:54
88	0097	Bats	Nicky	M74	M35+		00:59:04	05:54
89	0150	Vandevoordt	Natascha	F15	F35+		00:59:06	05:54
90	5037	Cammaerts	Bart	M75	M45+	Loopcoach Bart	00:59:11	05:55
91	5022	Coenen	David	M76	M45+		00:59:15	05:55
92	0113	Maessen	Sebbie	M77	M45+	Bolt Tongeren	00:59:53	05:59
93	5106	Loix	Johnny	M78	M55+		01:00:26	06:02
94	0081	De Brauwer	Lisa	F16	F35-		01:00:30	06:03
95	0104	Swysen	Mike	M79	M35+		01:01:41	06:10
96	0152	Dirickx	Danté	M80	M35-		01:01:46	06:10
97	0109	Strauven	Rudi	M81	M55+	Bolt Tongeren	01:02:15	06:13
98	5015	Vandenberghe	Eddy	M82	M45+	Alleen luk t ouch	01:02:38	06:15
99	5096	Swennen Groffils	Magali	F17	F45+		01:02:49	06:16
100	5079	Hiemeleers	Sharon	F18	F35+	AC Alken	01:04:13	06:25
101	0112	Beelen	Rina	F19	F55+		01:04:34	06:27
102	5013	Coenen	Kris	M83	M35+	bokkerijderstear	01:04:38	06:27
103	0130	Dupont	Jan	M84	M65+		01:04:40	06:28
104	0086	Simons	Anne-Sophie	F20	F35+		01:12:22	07:14
105	0085	Leroy	Sarah	F21	F35+		01:12:23	07:14
106	0094	Kerckhofs	Jaak	M85	M65+		01:14:51	07:29
107	0076	Raymond	Lientje	F22	F35-		01:15:27	07:32
108	0075	Canipel	Jelle	M86	M35+		01:15:28	07:32

Helpshopcup 10 KM - Männer 35-

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0120	Guillick	Antoine	M1	M35-		00:34:15	03:25
2	0232	minnart	glenn	M2	M35-		00:37:42	03:46
3	0134	Martens	Jonas	M3	M35-		00:39:24	03:56
4	5104	Rubens	Glenn	M4	M35-		00:44:24	04:26
5	0197	Santermans	Cisse	M5	M35-		00:45:20	04:32
6	5160	Schevenels	Jarno	M6	M35-	TACT	00:45:21	04:32
7	0078	Donnay	Xavier	M7	M35-	Sporting Aalst	00:49:17	04:55
8	5010	Slegers	Ayrton	M8	M35-		00:49:20	04:56
9	5166	Diels	Lenny	M9	M35-		00:50:40	05:04
10	0079	Haesen	Axel	M10	M35-	Zvk Jp	00:51:44	05:10
11	0227	geysenbergh	vic	M11	M35-		00:51:52	05:11
12	0111	Boyen	Jens	M12	M35-		00:51:54	05:11
13	0230	Diels	Nand	M13	M35-		00:51:56	05:11
14	0228	Geysenbergh	Emiel	M14	M35-		00:56:21	05:38
15	0093	Casters	Glenn	M15	M35-		00:58:47	05:52
16	0152	Dirickx	Danté	M16	M35-		01:01:46	06:10

Helpshopcup 10 KM - Männer 35+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0121	Boden	Niki	M1	M35+	SQM Running te	00:33:51	03:23
2	0122	Roussel	Rens	M2	M35+	Paxx global cycl	00:34:01	03:24
3	0138	Scholts	Bert	M3	M35+	SQM ACAlken	00:36:28	03:38
4	5177	Ruymen	Wouter	M4	M35+	Ac Alken	00:37:05	03:42
5	0133	Leunen	Jo	M5	M35+		00:39:03	03:54
6	0077	Stevens	Timothy	M6	M35+	ODB	00:39:11	03:55
7	5041	Nguyen	Tien-Thanh	M7	M35+	Amsrunners	00:40:15	04:01
8	0102	Saponaro	Nicola	M8	M35+		00:40:16	04:01
9	0159	Bart	Sampermans	M9	M35+	Dcla halen	00:42:54	04:17
10	5049	Hendricx	Jeroen	M10	M35+	Burchtlopers	00:42:56	04:17
11	0128	Knaepen	Sven	M11	M35+		00:43:47	04:22
12	0108	Neyens	Peter	M12	M35+		00:44:36	04:27
13	0116	Ambroise	Gary	M13	M35+		00:46:06	04:36
14	0071	Verthé	Tom	M14	M35+		00:47:10	04:43
15	0225	Follon	Gaetan	M15	M35+		00:47:24	04:44
16	0201	Achten	Jeroen	M16	M35+		00:47:30	04:45
17	0229	remels	dimitry	M17	M35+		00:48:00	04:48
18	0220	Tack	Jeroen	M18	M35+	Bolt Tongeren	00:49:32	04:57
19	0107	Motten	James	M19	M35+	BOLT	00:49:34	04:57
20	0088	Acar	fatih	M20	M35+		00:51:10	05:07
21	0144	Schlimpert	Stephan	M21	M35+		00:53:34	05:21
22	0146	Maris	Evert	M22	M35+	Road Runners H	00:54:24	05:26
23	0115	Martin	Thomas	M23	M35+		00:54:42	05:28
24	0219	Nijs	Geoffrey	M24	M35+		00:54:47	05:28
25	0110	Maeckelberghe	David	M25	M35+	West-vlamingen	00:56:22	05:38
26	5051	Coenen	Wouter	M26	M35+		00:58:20	05:50
27	0097	Bats	Nicky	M27	M35+		00:59:04	05:54
28	0104	Swysen	Mike	M28	M35+		01:01:41	06:10
29	5013	Coenen	Kris	M29	M35+	bokkerijdersteam	01:04:38	06:27
30	0075	Canipel	Jelle	M30	M35+		01:15:28	07:32

Helpshopcup 10 KM - Männer 45+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	5103	Vossius	Peter	M1	M45+	SQM RUNNING	00:36:26	03:38
2	5009	De Rooy	Andy	M2	M45+	Coyote sports tea	00:36:51	03:41
3	5172	Wouters	Chriske	M3	M45+	SQM RUNNING	00:37:06	03:42
4	5150	Arnauts	Bert	M4	M45+	Animo	00:37:24	03:44
5	5102	Vanden Bempt	Hans	M5	M45+	SQMrunningtear	00:37:37	03:45
6	0156	Dehertoghe	Olivier	M6	M45+	RCT Atletiek	00:37:53	03:47
7	0169	Vanmechelen	Simon	M7	M45+		00:39:20	03:56
8	0099	D'AVELINO	MICHAEL	M8	M45+	SER ATHL	00:41:29	04:08
9	0106	Etneo	Mario	M9	M45+	Hoeselt run BFC	00:41:47	04:10
10	5053	Stijnen	David	M10	M45+	AC Alken	00:42:08	04:12
11	0073	Leenen	Raf	M11	M45+		00:43:10	04:19
12	5123	Santermans	Peter	M12	M45+		00:43:43	04:22
13	0100	Hollants	JP	M13	M45+	VACH	00:44:46	04:28
14	0082	Pirs	Erwin	M14	M45+		00:47:48	04:46
15	0231	Daenen	Renaat	M15	M45+		00:49:38	04:57
16	0222	Keulen	Bert	M16	M45+		00:53:58	05:23
17	0089	Holsteyns	Herman	M17	M45+		00:56:43	05:40
18	5037	Cammaerts	Bart	M18	M45+	Loopcoach Bart	00:59:11	05:55
19	5022	Coenen	David	M19	M45+		00:59:15	05:55
20	0113	Maessen	Sebbie	M20	M45+	Bolt Tongeren	00:59:53	05:59
21	5015	Vandenberghe	Eddy	M21	M45+	Allein luk t ouch	01:02:38	06:15

Helpshopcup 10 KM - Männer 55+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0224	Timmermans	Sammy	M1	M55+	VACH	00:40:41	04:04
2	5014	Slegers	Werner	M2	M55+	GeTC	00:43:26	04:20
3	5153	Raskin	Lode	M3	M55+	GS Running Tea	00:45:06	04:30
4	0119	Deneuker	Tony	M4	M55+		00:48:47	04:52
5	0175	Smeets	Ronald	M5	M55+		00:53:47	05:22
6	0211	Robert	Peter	M6	M55+		00:54:58	05:29
7	0209	Daenen	Leon	M7	M55+	Hoeselt Run	00:56:51	05:41
8	5183	Bontinck	Koen	M8	M55+		00:58:49	05:52
9	5106	Loix	Johnny	M9	M55+		01:00:26	06:02
10	0109	Strauven	Rudi	M10	M55+	Bolt Tongeren	01:02:15	06:13

Helpshopcup 10 KM - Männer 65+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0131	Dekens	Danny	M1	M65+	Dcla Halen	00:42:34	04:15
2	5124	Hiemeleers	Marc	M2	M65+	AC Alken	00:43:17	04:19
3	5028	Werckx	Ludo	M3	M65+	ACA	00:43:31	04:21
4	5056	Verschueren	Frank	M4	M65+	SACN	00:46:47	04:40
5	0132	Di Vito	Domenico	M5	M65+		00:52:25	05:14
6	5043	Govaerts	Kris	M6	M65+	AC Alken	00:55:46	05:34
7	0103	Feucht	Georges	M7	M65+		00:55:52	05:35
8	0130	Dupont	Jan	M8	M65+		01:04:40	06:28
9	0094	Kerckhofs	Jaak	M9	M65+		01:14:51	07:29

Helpshopcup 10 KM - Frauen 35-

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	5007	Bauduin	Ianthe	V1	V35-	Trenara	00:50:55	05:05
2	0218	Nijs	Lien	V2	V35-		00:54:47	05:28
3	0170	Vanmechelen	Hanna	V3	V35-	TACT	00:55:32	05:33
4	0081	De Brauwert	Lisa	V4	V35-		01:00:30	06:03
5	0076	Raymond	Lientje	V5	V35-		01:15:27	07:32

Helpshopcup 10 KM - Frauen 35+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0161	Bodocka	Zuzana	V1	V35+		00:45:25	04:32
2	5185	Pauwels	Jill	V2	V35+	GS Running Tea	00:46:26	04:38
3	5125	Dasque	Roos	V3	V35+	Dcla Halen	00:50:02	05:00
4	0087	Swinnen	Evelien	V4	V35+		00:52:07	05:12
5	0105	Peeters	Hannelore	V5	V35+		00:55:53	05:35
6	0125	Coolen	Lotte	V6	V35+		00:56:00	05:36
7	0095	Klenovsek	Gerda	V7	V35+		00:59:04	05:54
8	0150	Vandevoordt	Natascha	V8	V35+		00:59:06	05:54
9	5079	Hiemeleers	Sharon	V9	V35+	AC Alken	01:04:13	06:25
10	0086	Simons	Anne-Sophie	V10	V35+		01:12:22	07:14
11	0085	Leroy	Sarah	V11	V35+		01:12:23	07:14

Helpshopcup 10 KM - Frauen 45+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	0221	Knapen	Griet	V1	V45+	VACH	00:46:36	04:39
2	0083	Dechesne	Christy	V2	V45+		00:54:57	05:29
3	5096	Swennen Groffils	Magali	V3	V45+		01:02:49	06:16

Helpshopcup 10 KM - Frauen 55+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	5107	Vankrunkelsven	Leen	V1	V55+	VACH	00:44:03	04:24
2	0112	Beelen	Rina	V2	V55+		01:04:34	06:27

Helpshopcup 10 KM - Frauen 65+

Plats	Startnr	Nachname	Vorname	M/F	Kat	Club	Zeit	min/km
1	5044	Van Zand	Maja	V1	V65+	AC Alken	00:58:36	05:51